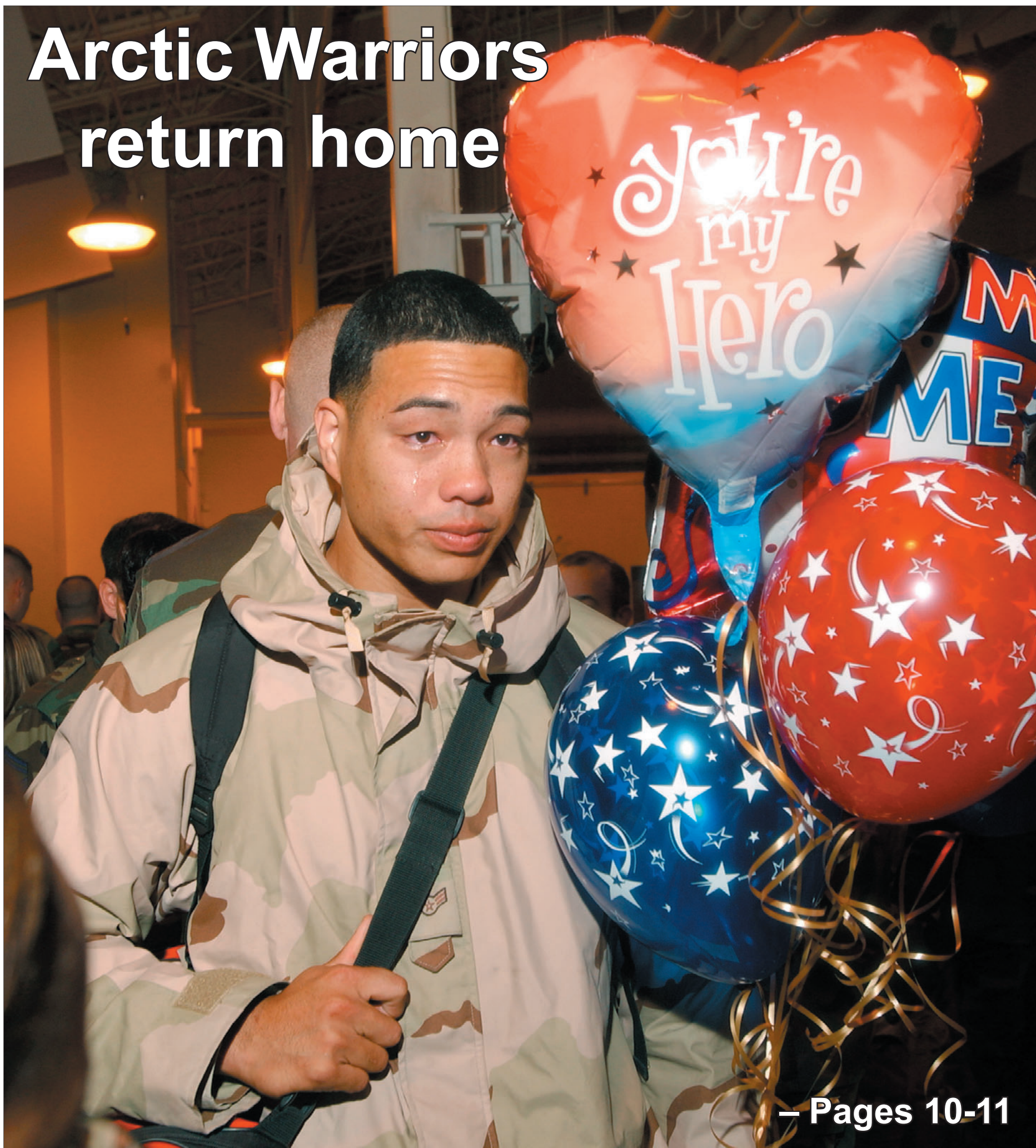


# Arctic Warriors return home



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PHOTO BY STAFF SGT. SUELLYN NUCKOLLS



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# PACAF commander: A new year of priorities

By Gen. Paul V. Hester  
Pacific Air Forces commander

Traditionally, a new year is a time to take stock of ourselves and make resolutions to change – to improve what we do and how we do it, to assess our priorities and to make adjustments to ensure we’re on the right flight path.

Our current Air Force Chief of Staff, General Moseley, has articulated his top three priorities for 2006 very clearly, and I’d like to give you my perspective on those priorities and what they mean to our Air Force as we enter into a new year.

General Moseley’s first priority is to win the War on Terrorism. At first glance, this global war may not seem like an air war, but think again. It is a war on all fronts – air, land, sea, space, and cyberspace – and *you* are a major asset.

We are fighting a battle for the hearts and minds of literally billions of people around the world – many of them in our own backyard ... the Asia-Pacific region. We are fighting an enemy that detests the principles we hold most dear.

Today, more than ever, the United States needs people like you representing the good of our country around the globe.

Whether we are providing airlift, collecting intelligence, delivering humanitarian aid, providing expeditionary forces, or simply doing our jobs at home base, wearing the uniform and representing our great nation has never been more important. Do it proudly and honorably ... the eyes of the world are on you!

General Moseley’s second priority is to ensure we’re taking care of our Airmen. This means making sure we have *the right people*

*with the right training in the right jobs.* Yes, some painful adjustments are necessary as we shape the force to the congressionally authorized numbers of officers and enlisted Airmen.

We also have some overmanned career fields that will undergo some reductions while we increase our numbers in some of the most stressed AFSCs.

Again, we are involved in a long-term global war that will continue to tax our Airmen. We need to ensure we are organizing, training, and employing them as smartly as possible. Without a doubt, some of the changes are tough, but in the end, we will become a stronger and better Air Force.

General Moseley’s third priority is recapitalization and modernization. The Quadrennial Defense Review results will come out in February – this will be the overarching directive of our future force structure. It likely won’t contain many specifics (like numbers of aircraft), but it will form the backbone of our future budgets and force structure.

The average age of our fleet is 23.5 years – and flying old airplanes is expensive. We don’t necessarily need to replace our aircraft one-for-one, but we do need to modernize. The Air Force leadership, using the QDR as a



COURTESY PHOTO

Gen. Paul V. Hester

starting point, will carefully prioritize capability needs to ensure we’re getting “the most bang for the buck” as we recapitalize and modernize our aging equipment.

In that regard, the Chief of Staff is thinking in terms of three portfolios: the Global Strike Task Force (fighters and

bombers); Global Mobility (airlift and refueling); and Intelligence, Surveillance, and Reconnaissance (including Space and Cyberspace).

PACAF will be busy in all these portfolios as we work to beddown new C-17s, F-22s, and Global Hawks in the coming months and years. In fact, PACAF’s C-17 era is just around the corner – our first jet will be at Hickam Feb 8<sup>th</sup>!

Winning the War on Terrorism, Taking care of our Airmen, and Modernizing our Force. Important priorities, all of them – and necessary for our future success.

The Chief’s priorities are also PACAF’s priorities, and there is no better time than right now to begin the journey.

From my perspective, the Chief’s priorities make a perfect list of New Year’s resolutions for the world’s greatest Air Force!

My wife, Lynda, and I wish all of you and your families nothing but the best for 2006.

Mahalo for all you do and Happy New Year!



**Senior Airman Scott Patten**, 3rd Equipment Maintenance Squadron, displayed exceptional leadership and initiative while supporting the 90th Fighter Squadron aerospace ground equipment teams. He expedited 53 equipment deliveries and performed 11 service inspections, directly contributing to 101 on-time F-15E sorties while sustaining 123.5 flying hours. He also performed phase inspections on two light carts and one new-generation heater, receiving perfect ratings during the supervisory follow-up.

**Staff Sgt. Danielle Ziegler**, 3rd Operations Group, was instrumental in providing outstanding compliance with standards and evaluations requisite testing requirements. She orchestrated the efforts of the entire division in the modification and updates of hundreds of test questions on 49 separate tests for 26 different crew positions throughout the wing. Her efforts ensured a flawless annual transition, allowing more than 500 requisite examinations annually.

**Airman 1st Class Danielle Johnson**, 90th Fighter Squadron, helped complete a Time Compliance Technical Order of the Cartridge Activated Cutter, installed on the Aircrew Chemical Defense Mask, three weeks ahead of schedule. Her work ethic and technical skills resulted in the build up of wartime assets to support 21 aircraft and 70 aircrew members. Her efforts and professional skill were praised by Headquarters Pacific Air Forces staff assistance inspectors.

**Airman Kekoa Awong**, 3rd Aircraft Maintenance Squadron, directly contributed to the expedient replacement of an aircraft nose landing gear strut, completing the task in just one shift. Additionally, he finished his final volume of Career Development Courses, scoring an outstanding 96 percent. This feat is only shadowed by his CDC completion time of three weeks.



Brig. Gen. Hawk Carlisle  
3rd Wing commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

**Key phone numbers:**

- Col. Mike Hass, 3rd CES/CC  
552-3007
- Lt. Col. Mark Allen, 3rd SVS/CC  
552-2468
- Lt. Col. Brett Meyer, 3rd SFS/CC  
552-4304

For information regarding weather and other emergency information for Elmendorf, call the Straight Talk Line at 552-0101.

## Sourdough Sentinel

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This civilian enterprise newspaper is an authorized publication for members of the U.S. military services.

Contents of the *Sourdough Sentinel* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

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The deadline for article submissions to the *Sourdough Sentinel* is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the *Sourdough Sentinel* staff. Submission does not guarantee publication.

For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil), fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

## 3rd Wing Moment in History

Jan. 17, 1922:



Early version

The Department of the Army officially approved the 3rd Group’s emblem.



# OneSource offers Arctic Warriors options

By Rudi Williams

American Forces Press Service

The Defense Department has established a “one stop” place to go whenever servicemembers or family members need assistance with any kind of problem.

It’s called “Military OneSource,” it is available 24 hours a day, seven days a week, 365 days a year and its free according to John M. Molino, deputy undersecretary of defense for military community and family policy.

“Military OneSource is a revolutionary augmentation to the family services we currently have on military installations around the world,”

Mr. Molino said Military OneSource “leverages technology and enables DoD to provide assistance to families and servicemembers via the Internet or a toll-free telephone number.”

The services include everything from common, everyday difficulties that might face a family to life’s most complicated situations, he noted.

He said Military OneSource is available around the country and around the world. “It’s a remarkable way to ... step forward into a new generation of providing services,” he said. “It’s a place where no matter when that situation occurs, the military family member or servicemember could make a phone call or go on the Internet and begin to get some help.”

The military services provide a lot of family services on installations, but Mr. Molino pointed out that about two-thirds of military families live off base. “The people who are off the installation tend to be the most junior folks,” he added.

“They may not have the financial resources to have two cars, or to get themselves back and forth to the installations to get those ser-

vices,” Mr. Molino continued. “So what OneSource does is provide the opportunity to make that phone call and let us bring the services, literally, figuratively and electronically, to your home.”

When someone calls Military OneSource for help, the person answering the phone has at least a master’s degree in social work or some kind of counseling service, he noted. “That person is trained specifically to deal with military issues – issues that complicate military life. So they’re very sensitive to what you ask.

“Some people think they’re the only people who ever experienced whatever their problem is, and, of course, they’re not,” Mr. Molino emphasized. “Most everyone goes through different phases and different cycles.”

The voice on the other end doesn’t make judgments about situations, he noted. “They’re there to listen to what you have to say, evaluate it, and give you the beginnings of an answer or actually the answer to your question,” he said.

Military OneSource runs the gamut of situations: from needing a plumber in the middle of the night to fix a broken pipe, to needing veterinary service for a sick dog. It also handles things like helping families new to an area find childcare, or information about the school system, summer jobs whatever is needed.

“OneSource can get all that information and provide it to you in a most efficient manner, whether it be electronically or getting back to you on the telephone,” Mr. Molino said.

Word of mouth is the best way to get the word out about Military OneSource within a unit. For example, Mr. Molino said, “If I’d made a phone call and had a positive experience, I can tell you about it. I can say, ‘You know, I tried OneSource one time, and it worked for me. You

ought to give it a shot.’ Asking for help isn’t a sign of weakness; it’s really a sign of being smart,” he said.

What bothers Mr. Molino is when people say they don’t need help from Military OneSource because of their unit assignment. “I heard that in some units they say, ‘We’re in an Army Ranger unit,’ (or) ‘We’re in a Navy [Sea, Air, Land] unit, and we don’t need that kind of support,’” Mr. Molino said. “That’s utter nonsense! If the pipe breaks in the middle of the night in the home of a Navy SEAL, you need a plumber just as badly as somebody else.

“When you figure out that this is a great resource that provides help, you ought take advantage of it,” Mr. Molino said.

He pointed out when servicemembers are deployed, they can put their minds at ease knowing that if their family needs help, it’s only a phone call away.

Putting himself in that position, Mr. Molino said, “I would find it very comfortable to know that my family back home has that option, that service available. And they don’t have to wait for the family center to open. They don’t have to find a way to get to the family center. My wife wouldn’t have to find a way to have the children taken care of.

“We can do things instantly, any time of the day or night,” he continued. “If there’s a language problem, OneSource is able to provide services in more than 100 languages, usually in less than a minute’s delay.”

Military OneSource also can be helpful to active duty servicemembers. They don’t have to take time off from work or training to solve a problem. All they have to do is call Military OneSource, Mr. Molino noted.

He emphasized that Military OneSource counseling service isn’t mental health counseling, or coun-

seling for an illness that might be burdening somebody.

“We have a health care system that provides that service,” he noted. “This is a different kind of counseling. It’s for folks that experience difficulties day to day. Let’s say a servicemember has been deployed. The family has adjusted to his or her absence. Somebody is walking the dog, taking out the garbage. When he comes back, he has to fit back into the family. Others had performed those roles that he traditionally performed. Sometimes that creates friction.”

All families have some degree of difficulty, and most of them manage to work through the problem. But sometimes they need a little assistance, and one toll-free phone call can get them that kind of counseling, Mr. Molino said. That phone call can get them up to six counseling sessions in the local area for free.

Military OneSource also is available to National Guardsmen and reservists being called to active duty for Operations Enduring Freedom and Iraqi Freedom.

“We found that it works as well for guardsmen and reservists, especially because they tend not to be close to military installations,” Mr. Molino said. “They can get that kind of support through the armory. The Guard and Reserve components initially went in a different direction with a different provider. Then they realized that OneSource actually was the gold standard, and they shifted over after about six months.”

The toll-free numbers for Military OneSource are:

From the United States:  
(800) 342-9647.

From outside the United States (where available): (800) 3429-6477.

International collect:  
(484) 530-5747.

Online: [www.militaryonesource.com](http://www.militaryonesource.com).

## MLK Commemorative Ceremony

**Right: Brig. Gen. Hawk Carlisle, 3rd Wing Commander, thanks guest speaker the Rev. Paul Everett, clinical chaplain for the Anchorage Veterans Administration and senior pastor at First Christian Methodist Episcopal Church in Anchorage. Mr. Everett spoke about the life and accomplishments of Dr. Martin Luther King, Jr. during the commemorative ceremony Jan. 12.**

**Below: Commemoration attendees listen to Mr. Everett.**



PHOTOS BY SENIOR AIRMAN GARRETT HOTHAN



# Lieutenant puts AF needs first

By 1st Lt. Kristen D. Duncan  
96th Air Base Wing Public Affairs

Balance the officer and enlisted corps: that is the current need of the Air Force. As an officer and a second generation Airman, I’ve been told from day one, the ‘needs of the Air Force’ come first.

What happens when those needs mean the loss of my job – and not just my job, but a career of integrity, service and excellence? I vowed to protect the Constitution, to continue what my father and the greatest generation did in World War II. I am truly a patriot. I am an Airman.

With force shaping, Air Force leadership is undertaking the very difficult task of reducing its forces. In a briefing at Eglin Air Force Base, Fla., Nov. 14, Brig. Gen. Kathleen Close, director, Installations and Mission Support, Air Force Materiel Command, said the leadership knows they could be losing a future commander, or a future general, but the Air Force can no longer support the imbalance of officers to enlisted troops. To support the mission, the service has to reduce its 2002 and 2003 lieutenants through volunteer or forced separations.

That equals more than 4,000 young, promising lieutenants. One thing is certain; the caliber of lieutenants is unparalleled. The question is: what does this do to our morale? Working on various projects, I have

to wonder, will any of this mean anything if I’m force-shaped? Will I still be able to lead my troops? Is my morale going to take a nose dive? What if I work harder than I’ve ever worked to impress the heck out of every commander I’ve ever met? How do I keep focused on my job and my mission?

The answer is really quite simple. We should all work harder, not to impress for fear of losing our jobs, but because we are all officers who strive for excellence.

We should continue to accomplish our jobs with the same unfailing performance and the same can-do attitude we’ve always had.

We should continue to work hard for our shops, our troops, our families and ourselves.

In one of the hardest hit career fields, I’ve examined all my options and have come up with a few ideas: navigator training, Palace Chase and even switching services.

Thankfully, the Air Force is giving us options. I’ve come to realize, though, that serving my country means serving its needs. The needs of the Air Force must always come first.

I hope to make a career of the Blue; but even if my active-duty career is cut short, it is for the mission of the Air Force and the United States military that I will serve and honorably discharge.

It could be my last act on active-duty service, but I am, and will always be, an Airman.



U.S. AIR FORCE



## Sourdough Spotlights

*Congratulations to the following award winners*

**3rd Contracting Squadron**  
*2005 Pacific Air Forces Outstanding Large Contracting Unit Award*

**Maj. (then captain)**  
**Robert S. Williams, 3rd CONS**  
*2005 Pacific Air Forces Contracting CGO of the Year*

**Leslie Strand, 3rd CONS**  
*2005 Pacific Air Forces GS-12 and above Contracting Civilian of the Year*

**Jessica Rigby, 3rd CONS**  
*2005 Pacific Air Forces GS-11 and below Contracting Civilian of the year*

*Congratulations*



# Breathing easy in an ash fall: proper precautions prevent panic

By Master Sgt. Tommie Baker  
3rd Wing Public Affairs

Clean, breathable air is a luxury most people in Alaska usually take for granted.

However, with Mount Augustine spewing ash about 180 miles southwest of Elmendorf and Mount Spurr just 80 miles to the west, now is a good time for families to prepare to breathe easily in the event of another volcanic eruption and ensuing ash fall.

When a volcano erupts, rocks in the volcano are pulverized into very fine particles that are spewed into the air.

The ash particles eventually fall to earth like heavy snow that never melts. Ash falls can block out sunlight and are often accompanied by lightning. A 1 inch layer of wet ash can weigh 15 pounds per square foot, according to the Washington State Emergency Management Division.

Ash is abrasive and sometimes corrosive, contributing to irritation to the respiratory tract and eyes. People should protect themselves from these potentially harmful

effects by having N-95 National Institute of Occupational Safety and Health-approved particle respirators and safety goggles on hand, according to base readiness officials.

The three things people should look for when buying masks for volcano preparedness are the N-95 designator, the NIOSH approval statement on the box, and the word “respirator” in the description, said Capt. Roger Lee, 3rd Aerospace

Medicine Squadron bioenvironmental engineer.

“The N-95 rating means that the components of the mask have been tested to filter a certain level of particles out,” said Captain Lee. “Other simpler

masks, like surgical

and dust masks, are not designed to filter the finer ash particulates that will damage the respiratory tract when breathed in.”

Because the mask filters out small particles of ash, it must be fit snugly, but comfortably, around the face, he said. It is important to get the correct sized mask and follow the donning instructions on the box.

According to the WSEMD, children should not wear masks because they do not fit well. Chil-

dren should be kept indoors and active play should be discouraged if there is ash in the air.

Each adult should have access to enough N-95 respirators to change them after approximately four hours of use and should have enough for several days, said Captain Lee. Mostly they need to be used outdoors or when ash is re-suspended in the air, which often happens during sweeping and vacuuming.

N-95 NIOSH-approved respirators can be found at almost any hardware store or online.

They should be part of a comprehensive volcano-preparedness kit including food, drinking water, plastic wrap to keep ash out of electronics, flashlights, a battery-operated radio, cleaning supplies and a first aid kit, according to the Federal Emergency Management Agency Web site.

According to FEMA’s Web site, it’s also important to remember that during and after an ash fall, you should stay inside if you don’t have to go out.

If caught without a respirator in an ash fall, a wet towel held over the mouth and nose is a good stop-gap measure for both children

## Tips to prepare for ash fallout

- Buy N-95 respirators and goggles
- Buy plastic wrap, tarps and tape to ash-proof items
- Fill containers with clean water and food, including food for pets
- Have extra filters on hand for your vehicle and house
- Keep extra prescription medicine on hand
- Have plenty of cleaning supplies and trash bags
- Prepare for power outages (blankets, radio, flashlights, cash)
- Put volcano-preparedness supplies in your vehicle
- Talk to your children about what to expect
- Educate yourself by researching volcanoes
  - <http://volcanoes.usgs.gov>
  - <http://www.avo.alaska.edu>
  - <http://www.fema.gov/areyouready/volcanoes.shtm>



COURTESY PHOTO

Augustine Volcano

and adults in areas with a lot of airborne ash.

By far though, the best way to breathe easy during an ash fall is to prepare now – every family and office should have plenty of N-95 NIOSH-approved respirators on hand in case any of the four active volcanoes near the Cook Inlet spews ash on Elmendorf or the Anchorage Bowl.



New gate hours

The new base gate hours are:  
**Muldoon:** 6 a.m.-10 p.m. daily  
**Boniface:** 24 hours daily  
**Post Road:** 6 a.m.-7 p.m.  
**Bluff Road:** 6 a.m.-8 p.m.  
**Visitor Control Center:** 24 hours daily  
**Government Hill:** closed  
For more information, call 552-5988.

Volunteers needed

The Military Equal Opportunity office is seeking volunteers to serve as committee members for the Women’s History Month and the Asian/Pacific Islander Heritage Month observance committees. Committees are forming now and chairpersons are also needed.  
If interested in volunteering call the MEO office at 552-2115 or email [3WG/ME@elmendorf.af.mil](mailto:3WG/ME@elmendorf.af.mil).

Elmendorf passes extended

Due to a shortage of Air Force Registered Vehicle Expiration Stickers, Elmendorf and Ft. Richardson officials have extended the grace period for all 2005 year stickers issued by Elmendorf until Feb. 1.  
The Pass & Registration office is waiting for the shipment of its requested allocation.  
For more information, call Staff Sgt. Rodrica Brown at 552-5665 or Staff Sgt. Starr Haywood at 552-5988.

Transition Assistance Seminar change

The Force Shaping Transition Assistance Seminar has been extended an additional half day. This is to allow for a detailed Veterans Administration Benefits briefing on Feb. 3. The seminar dates are now Jan. 31-Feb. 3.  
If you are potentially affected by Force Shaping call the Family Support Center at 552-4943 to sign up for this seminar.

Aurora Housing Office

Aurora Family Housing Management Facility, Bldg. 6350, is located next to the 3rd Civil Engineer Squadron Housing Flight to better accommodate on-base tenants.  
The phone numbers are:  
Customer service desk, 753-1023  
Quality control, 753-1091, Maintenance, 753-1051  
U-Fix-It Store, 753-9070.  
The office hours are 8 a.m.-5 p.m. weekdays and 10 a.m.-4 p.m. Saturdays.

Self Defense Class

The Youth Center is offering a self defense class from noon-2 p.m. Feb. 4 at the Youth Center. The class is called “Self Defense Key Chain,” and participants will receive a key chain to keep.  
The class is for ages 12 and up and costs \$35 per person. Anyone

interested can register and pay at the Youth Center.  
For more information, call the Youth Center at 552-2266.

Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar at 1 p.m. Feb. 6 at 6346 Arctic Warrior Dr. The class lasts two to three hours.  
Seating is limited.  
For details or to make a reservation, call 552-4439 or 552-4328.

Free tickets

The University of Alaska Anchorage is hosting its final Military Appreciation Night at 7 p.m. Jan. 28 at the UAA-Denver hockey game at the Sullivan Arena.  
Tickets are available on a first-come, first-served basis in the UAA Office at the Education Center, 4109 Bullard Ave. The UAA Office is open 8 a.m.-4 p.m. weekdays.  
For information, call 552-9475.

Ramstein claims information

The German Police are investigating some movers that worked for Gosselin. If you PCS’d to or from Germany between 2000 and 2003, and noticed items missing, go to [www.ramstein.af.mil/theft-page.htm](http://www.ramstein.af.mil/theft-page.htm) click on the photo number and description and a picture will show up.



If any of the items belong to you e-mail the photo number to *jenifer.martinez@ramstein.af.mil*.

Proof of ownership and any claims information must also be included in the e-mail.

Free Turbo Tax

TurboTax is available at no cost to servicemembers at the Military OneSource Web site at *www.militaryonesource.com*. This program is provided by the Department of Defense.

To access your 2005 W-2 online after Saturday, visit myPay at *https://mypay.dfas.mil/mypay.aspx*.

TSA screening requirements

The Elmendorf passenger terminal is required to follow Transportation Security Administration guidelines.

For that reason, these items may now be carried in baggage: small metal scissors with a cutting edge less than 4 inches, screwdrivers, wrenches, pliers and other tools less than 7 inches. For a complete list of examples, visit the TSA Web site at *www.tsa.gov/public*.

For more information, contact the passenger terminal at 552-8588.

JROTC opportunities

Air Force Junior ROTC is opening 75 new units at the beginning of

the 2006-2007 school year. There will be 150 positions open for retired or soon-to-be retired officers and NCOs in high schools throughout the nation.

All applicants must be retired from active duty less than five years from the effective date of employment (may be waived in exceptional cases). If still on active duty, applicants must have applied for retirement to be effective within six months.

Instructors must meet Air Force weight and body fat standards, and have high standards of military bearing, appearance and moral character.

For more information, call (800) 235-7682, ext. 35275 or 35300. The DSN number is 493-5275 or 493-5300.

For a list of current openings, go to *http://www.afoats.af.mil/AFJROTC/instructors.asp*.

Textile Arts show and tell

The Armed Services YMCA is sponsoring a Textile Arts show and tell for military spouses from 6-8 p.m. Feb. 8 at the Warrior Zone on Ft. Richardson.

Spouses are encouraged to bring projects and share quilting, knitting, crocheting, cross stitching and needlepoint.

For more information, or to reserve a seat, call Judy Atkins at 384-9622.

Renters Insurance

All Aurora Phase I and II residents are eligible for free renters insurance and may also qualify to receive \$8 credit per month if personal insurance is already in place.

For more information, call 753-1023.

Tax center

The tax center is scheduled to open Jan. 31 in the basement of the People Center. The hours are 8 a.m. to 4 p.m. Monday, Wednesday and Thursday and 1 p.m. to 4 p.m. Tuesday by appointment. Walk-in hours are 8 a.m. to noon Tuesday and Friday.

For more information, call 552-3058.

Change of Command

Lt. Col. Gary Gottschall will assume command of the 517th Airlift Squadron at 3:17 p.m. Jan. 27 in Bldg. 17470.

Colonel Gottschall is currently the 517th AS director of operations.

Wireless Internet at the clubs

The game room in the Kashim Club and the upstairs lounge at the Susitna Club have wireless Internet access.

For more information, call 552-5473.



Chapel Schedule

**Catholic Parish**

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 4:30 p.m. Sundays at Chapel 2

**Protestant Sunday**

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

**Religious Education**

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.

View the *Sourdough Sentinel* online at *www.elmendorf.af.mil/3Wing/Units/PA/Webdocs/Sourdough.htm*.





PHOTO BY TECH. SGT. KEITH BROWN



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

## Pump it up, sweat it out



PHOTO BY TECH. SGT. KEITH BROWN

**Clockwise from left: Airman 1st Class Nicholas Gould, 3rd Services Squadron, puts the weights back onto one of the Cybex machines after the move over to the temporary Fitness Center. The center is located in the old commissary building. The new Fitness Center is scheduled to be completed in 14 months.**

**Master Warrant Officer Gerald Niekar, Canadian Component Squadron, works out with dumbbells at the Temporary Fitness Center.**

**Retired Master Sgt. Eric Thomas, works out on an elliptical machine in the temporary Fitness Center.**

**Airman 1st Class Jason Longshore, 3rd Contracting Squadron, works out his legs on equipment that was relocated to the temporary Fitness Center.**



PHOTO BY TECH. SGT. KEITH BROWN

# Temporary Fitness Center open for business

**By Master Sgt. Tommie Baker**  
3rd Wing Public Affairs

The Temporary Fitness Center is open for business. Located in the old Commissary, across from the People Center, the temporary center has most of the equipment members were used to at the old location.

Weight training equipment, aerobic machines, a massage room, a spinning room, unit physical training areas, a running track and men's and women's locker rooms are a few of the things available.

Aerobic classes for beginners to the more advanced are also available.

On the running track, 11 laps

equals one mile. The track can also be used by walkers and provides an excellent venue to bring small children in strollers and get a little exercise during the cold winter days, according to the Fitness Center staff.

There are 12 treadmills, 18 elliptical machines, 14 stationary bikes and seven stairsteppers available to help stay aerobically fit.

Aside from the weight training equipment that was transferred from the Fitness Center, new equipment has also been installed.

There are also four FitLinx kiosks being installed to assist in tracking workouts.

Schedules of events are available at the front counter.

Tom Lawson, Fitness Center director, said everything appears to be working fine and thanks all patrons for their patience during the transition. He added that the one thing patrons can do to help fitness center staff, is to bring a spare pair of shoes to work out in. Shoes worn into the facility track in sludge and grime that can lead to premature failure of some of the equipment.

Besides the temporary facility, there are several other workout options.

One option is the Ft. Richardson Fitness Center, which will be used for the next two intramural volleyball seasons and the 2006 basketball season.

The basketball courts will also

be available in the mornings on a first-come, first-serve basis.

Other fitness options include: the Ft. Richardson swimming pool, the Arctic Oasis, the dorms, the Youth Center and, for those who have access, mini-fitness centers located at the 381st Intelligence Squadron, Combat Alert Cell, Base Hospital, 19th Fighter Squadron, Fire Station 1, 703rd Aircraft Maintenance Squadron and the 90th Fighter Squadron.

The temporary Fitness Center is open 4:30 a.m.-11 p.m. weekdays, 9 a.m. to 7 p.m. Saturday and Sunday and 10 a.m.-6 p.m. holidays and wing down days.

For information, call the Fitness Center at 552-3504.



# Troops return from AEF 7

**Arctic Warriors  
welcomed home by  
friends, family**



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS



PHOTO BY TECH. SGT. KEITH BROWN

**Clockwise from above: Friends and family of returning Arctic Warriors wait at the passenger terminal for their return.**

Tech. Sgt. Samuel Kegler, 3rd Communications Squadron, is welcomed home by his wife, Kisha. Almost 600 Team Elmendorf members are returning from deployment, including a large group scheduled to arrive Saturday.

The U.S. Air Force Band of the Pacific welcomes the 45 Elmendorf members home from their Air Expeditionary Force 7 rotation. In addition to the band, Arctic Warriors were greeted by several members of the 3rd Wing leadership.

Chloe DePew rubs noses with her dad Senior Airman Maynard DePew, 3rd Civil Engineer Squadron at the passenger terminal Tuesday after his return.

Madison Rhodes is held by her dad, Staff Sgt. Jared Rhodes, 3rd CES, when he returned from his deployment Tuesday.

**Cover:** Senior Airman Larry Boyd, 3rd CES, is overwhelmed as he holds some welcome home balloons his wife gave him.



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS



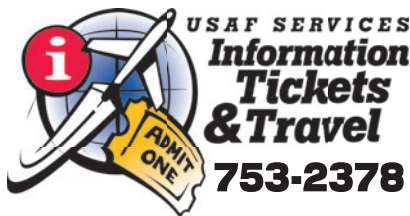
PHOTO BY STAFF SGT. SUELLYN NUCKOLLS





# Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community



**Discounted  
Tickets  
Available at ITT**

**Wings and Paws  
Flightseeing and  
Dog Sled Tours  
Save 10 percent**

**Alaska Aces  
tickets  
only \$9.50**

**"Trinity Irish Dance"  
March 9-12  
Anchorage  
Performing  
Arts Center**

**"Cats"  
April 4-7  
Anchorage  
Performing  
Arts Center**

**Located in the  
Arctic Oasis  
Community Center**

## Snowmachine Trips

5 p.m.  
Fridays  
noon, 3 and 6 p.m.  
Saturdays  
and Sundays

Outdoor Adventure Program  
552-4527  
weather permitting

Hillberg Ski Area

## Bunco on the brain?

\$5 plus  
potluck dish

Minimum  
participation  
required so  
sign-up early

Join the Bunco Potluck Party  
5-9 p.m. second Wednesday of the month  
Arctic Oasis Community Center 552-8529

# THE CAVE

music ☺ dancing ☺ card games ☺ pool

**Teen programs are offered  
7:30-11:30 p.m. Saturdays  
in January and February**

The Cave is located in the Susitna Club

\$3 Youth Center members/\$5 nonmembers

### Today

**Eat Lunch with your Child's Teacher**  
potluck 11:30 a.m.- 1 p.m., Katmai CDC, 552-2697

**RC (Rajun Cajun DJ)** 9 p.m.-3 a.m., 18 and older, Kashim Lounge, 753-6131

**Southern Barbecue Buffet**  
5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50, 5 and under free, Susitna Café, 753-3131

**Hula Lessons** 4-5 p.m., ages 4 to adult, Arctic Oasis, 552-8529

**Baked Potato Bar** free food for club members, 5-6 p.m., Kashim Lounge and The Cave, 753-6131 or 753-3131

**Tops in Blue** 7:30 p.m., free concert, Elmendorf Talkeetna Theater, call Arctic Oasis for details, 552-8529

**Beginning Crochet** 6-8 p.m. today and Jan. 27, \$35, bring yarn and needle, Arts & Crafts Center, 552-7012

**Retiree Appreciation Night**, receive 20 percent off your Southern Barbecue Buffet, Susitna Café, 753-3131

### Saturday

**Karaoke** 9 p.m., Kashim Lounge, 753-6131

**Hip Hop & Jazz Classes** 10-11 a.m., ages 4-18, Arctic Oasis, 552-8529

**Give Parents a Break** 1-5 p.m., Sitka CDC, 552-8304

**Surf-n-Turf Specials** 5:30-8:30 p.m., Susitna Café, 753-3131

**Bowl by Mail Tournament** 2 p.m., \$6 for games, shoes included, ages 5-18, awards to top scores in each category. Event held at the Polar Bowl, call the Youth Center for details, 552-2266

**DJ with House Band** 7:30-11:30 p.m.

at The Cave in partnership with the Young Adult Center, 753-2371

**Xtreme Bowling** 9 p.m.,-1 a.m., \$18 per person including shoe rental, Polar Bowl, 552-4108

**Tops in Blue** 7:30 p.m., free concert, Elmendorf Talkeetna Theater, call Arctic Oasis for details, 552-8529

**Kids Corner "Beaded Animals"**  
1-3 p.m., \$15, ages 3-10, Arts & Crafts Center, 552-7012

### Sunday

**Beginner Cross-Country Ski Lessons**  
1 p.m., \$5 or free if you purchase skis or rent them for the season, Outdoor Recreation, 552-2023

**Family Xtreme Bowling** 1-8 p.m., \$30 for up to 6 bowlers, shoe rental, 2 hours, 2 pitchers of soda and popcorn, Polar Bowl, 552-4108

**Sunday Brunch** 10:30 a.m.-2 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, 5 and under free, senior airmen and below receive a 25 percent discount with their club card, Susitna Café, 753-3131

**Ski Trip to Hilltop** 8 a.m.-7 p.m., \$49 with equipment, \$37 without equipment, \$10 for transportation only, joint venture with Outdoor Adventure and ITT, 753-2378

### Monday

**Senior Airmen and Below Special**  
5-9 p.m., 50 percent off bowling and shoes. If the military member is deployed, the family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

**Short Film Contest** (digital arts)

starts today and runs through the week from 3 p.m. to 9 p.m. Tuesday-Tuesday and 2 p.m.-9 p.m. Friday at The Cave in partnership with the Young Adult Center, 753-2371

### Tuesday

**Bowler Appreciation Night** 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

**Yoga Classes** 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

**Tang Soo Do Martial Arts Classes**, assorted times for ages 3 to adult, Youth Center, 552-2266

### Wednesday

**Wednesday Night Madness** 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108

**Intro to Photography** 5:30-9:30 p.m., \$45, bring your camera, class size is limited, Arts & Crafts Center, 552-7012

**Daisy Chain Bracelet Beading Class** 1-3 p.m., \$15 all supplies provided, Arts & Crafts Center, 552-7012

### Thursday

**Red Pin Bowling** 5-9 p.m., get a red headpin strike and receive a free game, Polar Bowl, 552-4108

**Morning Coffee Conversation**  
10:30 a.m., book club for spouses of deployed members, Arctic Oasis, 552-8529

**Free Hotdog** with purchase of all-hill lift ticket, \$8, Hillberg Ski Area, 552-4838

**Yoga Classes** 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

**Tang Soo Do Martial Arts Classes**, assorted times for ages 3 to adult, Youth Center, 552-2266

### Jan. 27

**Community Helper's Lunch**  
11 a.m.-noon, Sitka CDC, 552-6403

**Fun Friday** 6-8:30 p.m., \$7, Youth Center, 552-2266

**Night Hoops** 8:45-11:30 p.m., Young Adult Center, 753-2371

**Viva Kashim Fiesta** 6 p.m., visit fiesta food stations, play games and win prizes with the Armed Services YMCA Kashim Club, 753-6131

No movies will be offered at the Elmendorf Talkeetna Theater this weekend due to the free Tops in Blue performances 7:30 p.m. Friday and Saturday.

Subsequently, the theater will be under renovation and is scheduled to reopen in April.





PHOTO BY STAFF SGT. ALAN PORT

Airman 1st Class Kristel Weires

**Organization and duty title:** 12th Fighter Squadron aviation resource management

**Hometown:** Dubuque, Iowa

**Hobbies:** Backpacking, whitewater rafting, camping and fishing

**Mission contributions:** Maintains the 12th FS operations duty desk, which includes tracking training and flying hours for more than 35 pilots. Also ensures pilots complete all Go/No-Go items before each mission.

**Time at Elmendorf:** One year, three months

**Time in the Air Force:** One year, six months

**Best part about being in Alaska:** The awesome summers and being outdoors

**Quote from supervisor:** “[Airman] Weires’ dress and appearance are always top-notch. She has a positive attitude and consistently demonstrates professionalism. Kristel’s expertise managing the 12th FS Flying Hour Program is highlighted as ‘exceptional’ by leadership on a daily basis. It is an absolute pleasure working with her.” Tech. Sgt. Lori Hayworth



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Senior Airman Stacey Kingsley

**Organization and duty title:** 381st Intelligence Squadron fusion analyst

**Hometown:** Newport News, Va.

**Hobbies:** Field hockey, reading, hanging out with my little sister and bowling

**Mission contributions:** Provides information operations forces, delivering battle space awareness, all-source intelligence and information warfare capabilities to air component and joint force commanders, Department of Defense and national agencies ... anytime, anywhere.

**Time at Elmendorf:** Two years, four months

**Time in the Air Force:** Three years, 10 months

**Best part about being in Alaska:** The beautiful summers

**Quote from supervisor:** “[Airman] Kingsley is one of the most motivated Airman I know. Between volunteering, college and work, she finds a brilliant balance between her goals and accomplishing the mission.” Staff Sgt. Diana O’Connor



# View from the top

By **Capt Tony Wickman**  
71st Flying Training Wing Public Affairs

### Across

1. Pyramid scheme  
5. \_\_\_\_-o-war  
8. Command chief’s office symbol  
11. Palpitate  
13. First man  
15. Triumphant expression  
16. More scarce  
17. By heart  
18. Wall Street offering, sometimes  
19. Federal org. concerned with ecology  
20. Sydney’s time zone (GMT+1000), in brief  
22. Elmendorf AFB’s state  
25. May is dedicated to honor these people, in brief  
26. Pain  
28. Tooth part  
29. Russian made jet  
30. Genghis or Kublai  
31. Thai currency  
32. Representative’s counterpart  
33. Ancient

			H	E	M			A	M	C					M	O	P	
		C	E	P	E			R	O	H	M			B	A	N	E	
S	I	S	A	L				I	R	O	C			A	L	T	O	
P	A	T						S	T	A	N	C	H	I	O	N		
I	R	E		A	L	E		T	A	U	T							
C	A	R	L	S	O	N		E	B	B			A	I	A			
			O	K	S							B	A	L	T	I	C	
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P	A	N		P	E	W		B	R	A	D	L	E	Y				
			D	I	N	O		E	A	R				O	R	O		
T	O	G	A		S	O	N	G							O	R	K	
A	L	U	M		C	L	O	G						C	A	N	O	E
K	E	Y	S		H	E	R	A						B	O	E	R	
E	O	S			Y	A	R							S	L	Y		

Jan. 13 solutions

34. Most famous advocate for African-American equality  
35. Balusters  
38. Whip  
41. Michael Collins actor Stephen  
42. “Win a Date with \_\_\_\_ Hamilton!”  
45. Portable computer  
47. Sea birds  
49. Inventor Whitney  
50. Discovery cry  
51. Car damage  
52. Scrap of cloth  
53. Someone who can’t keep hands off another  
54. Color  
55. Baseball stat  
56. Endurance drug in the news, in brief  
57. New Zealand bird  
60. Wrinkle  
62. Yankee great Gehrig  
63. Opening  
64. Civil rights marchers attacked here on “Bloody Sunday”  
65. Concorde jets, in brief  
66. Former ACC commander, acting CSAF  
67. Israeli airline

### Down

1. Flows  
2. Nickname Tuskegee Airman 1st African-American 4-star general  
3. Charge  
4. A stooge  
5. National Association for the Advancement of Colored People lawyer who argued Brown vs. Board of Education  
6. Commotion  
7. Turner who organized famous 1831 slave revolts

1	2	3	4			5	6	7			8	9	10			
11				12		13			14		15					
16						17					18					
19				20	21				22	23					24	
25				26			27		28							
29				30					31							
32						33					34					
				35					36	37						
	38	39	40				41					42	43	44		
45					46		47			48		49				
50							51					52				
53								54				55				
	56					57	58	59			60	61				
	62					63					64					
	65						66					67				

8. Dry red table wine  
9. Nautical weight-hoisting device  
10. Chemical agent which attack lung tissue  
12. Rupture  
14. Fields  
21. Gesundheit precipitator  
23. Seeps  
24. USAF component  
27. Suffered  
35. Suffocate  
36. Civil rights leader who enrolled/started integration at University of Mississippi  
37. Au pair

38. Wreaths of honor  
39. By the way; incidentally  
40. Move away from  
42. Civil rights activist to be 1st African-American woman on District of Columbia education board  
43. State considered “birthplace” of civil rights movement  
44. Clock type  
45. Appendage  
46. Civil rights activist who refused to yield bus seat  
48. Walks  
58. Sick  
59. Court  
61. Confederate general





# Medical Group cautions against ‘Weight Creep’

“Weight creep” refers to the seemingly harmless weight gain of about 1.5 – 2 pounds per year. Look around and you can see it. You may even have experienced it this past year.

Weight creep, left unchecked, contributes to the conditions of overweight and obesity.

The Centers for Disease Control and Prevention reports that 64.5 percent of the U.S. adult population is either overweight or obese. The very existence of overweight and obesity conditions, with their associated complications, contributes not only to higher health care costs and loss of productivity but also costs lives.

Alarming, each year in the United States alone, approximately 400,000 adult deaths may be attributed to obesity (diet and inactivity).

That’s just a fraction behind tobacco use (435,000 deaths) as the

leading cause of death.

Active duty Air Force members experience weight creep at a rate similar to that of the nation. The implications of this extra body weight extend into all areas of life – health, fitness, overall wellness and force readiness.

Frequently at the holiday season, weight creep takes a quantum leap. In fact, half of all weight gained during the year takes place during the holidays.

As can be expected, many individuals formulate New Year’s resolutions that involve losing weight and getting in shape. While most New Year’s resolutions begin with good intentions, without the right tools, motivation wanes so it is difficult to get the job done.

Many times, New Year’s resolutions include the words “never, always, immediately, must.” Those

absolutes may be setting you up for failure. This year, rather than establishing resolutions without a planned approach, get involved with your base nutrition clinic and learn practical, safe tips and tools to help you get a handle on your weight.

Here are a few points to help you set realistic goals to achieve and maintain a healthy weight:

- Think small and be specific. Only make one or two serious resolutions. Rather than saying you will “lose weight,” indicate the amount of weight and the time period.

- Try to make small, gradual changes not drastic makeovers to your lifestyle patterns. This approach can help you achieve sustainable improvements. Remember, regular exercise along with a sensible diet is key to weight management.

- Take your resolution seriously. Take some time to think about it and

commit to your decision.

- A slip is not a fall. Keeping a New Year’s resolution is not an all-or-nothing proposition. Don’t blame or punish yourself.

- Develop a plan of action. The more prepared you are, the better chance for success.

The Nutritional Medicine Clinic is equipped with a knowledgeable staff, and programs to get you started on the right foot.

Call 580-4310 for more information on sustaining your New Year’s resolution.

Remember ... unwanted weight gain can be prevented by consistently applying and using positive lifestyle behaviors such as healthful eating and physical activity!

Be Informed.  
It’s Up To You.  
*(Courtesy of the 3rd Medical Group)*



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

## Whee!

Gabriella Carrillo, daughter of Lt. Col. Victor Carrillo, 962nd Airborne Air Control Squadron, waits to go down the tubing hill at the Hillberg Ski Area Monday. The traffic was controlled by the lift operator who notified the next person in line when someone reached the bottom. The hill is open from 5 p.m.- 9 p.m. Wednesdays-Fridays and noon-9 p.m. weekends and holidays. The Anchorage Bowl received approximately 3.5 inches of snow Saturday and Sunday.



PHOTO BY STAFF SGT. ALAN PORT

## The old fishing hole

Dan Fish, 3rd Logistics Readiness Squadron, helps his daughter, Geri, get her fishing pole ready during the Ice Fishing Derby at Lake Hillberg on Saturday.